The role of long- term care in Europe
Challenges and approaches

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Policy Briefing | European Parliament
LONG-TERM CARE IN EUROPE
The way forward: Innovation by coordination and integration
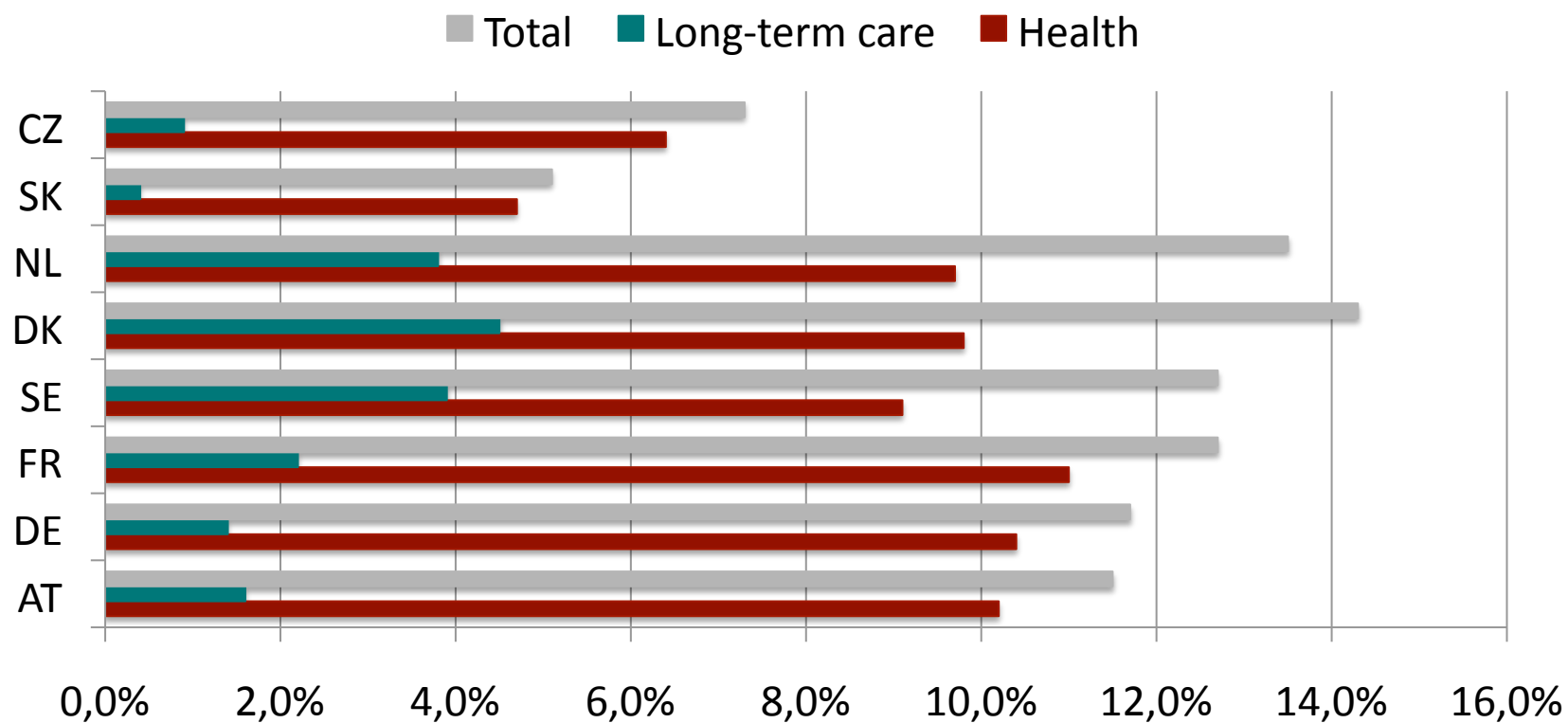**Brussels, 28 November 2013**

Long-term care is an issue of concern
in ageing societies:
Innovation is necessary, feasible,
... and preferable to panicking

Proportion of public expenditures for health and long-term care (selected Member States, in % of GDP, 2010)

Legend: Total, Long-term care, Health

Proportion of older people receiving long-term care provisions (in % of total population, 2010)
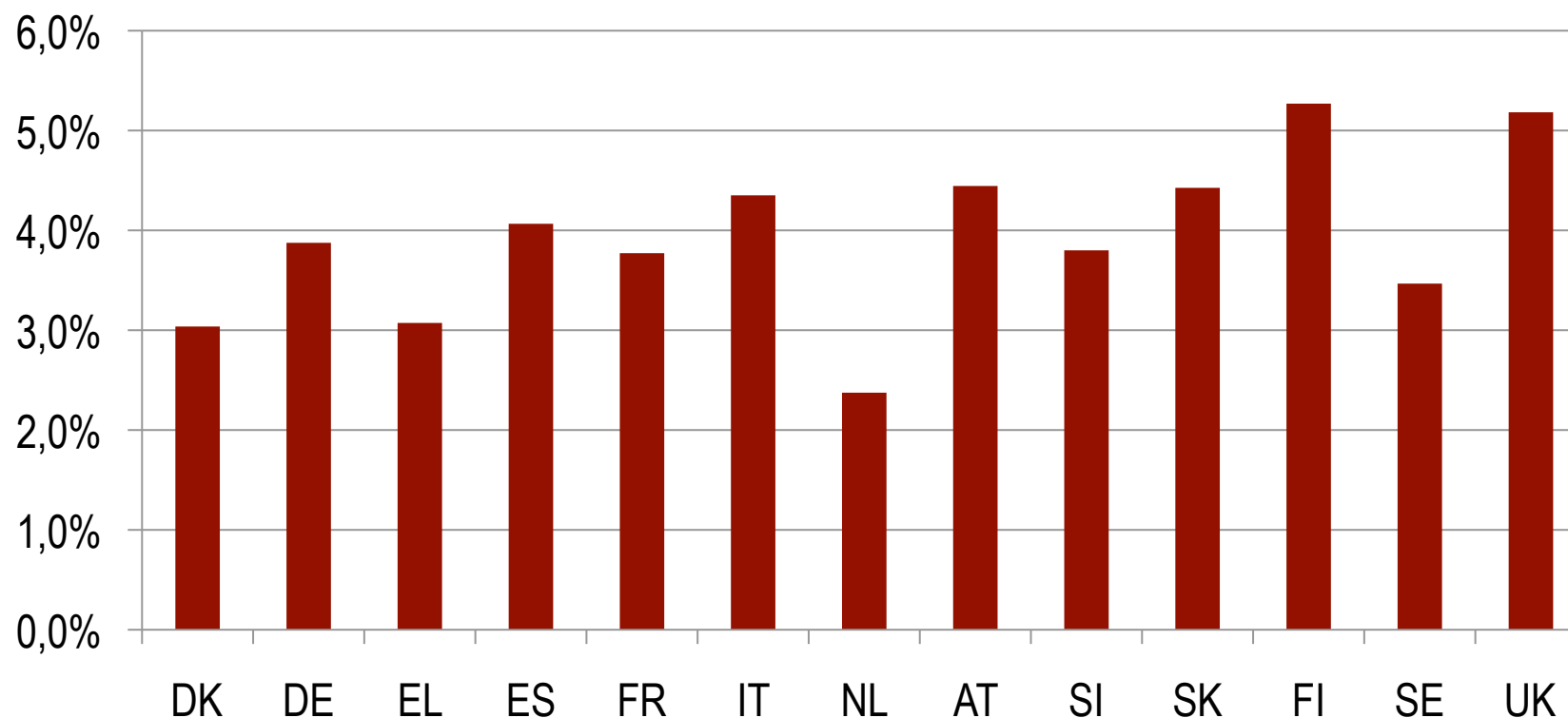
What happens, if nothing happens?
The phenomenon of migrant carers

- Italy: over 700,000 'badanti'
    - High proportion of moonlighting
    - Partly legalised
- Austria: over 30,000 '24-hours assistants'
    - mostly from Slovakia and the Czech Republic
    - 'Legalised' in 2007
- Similar situation in Germany, Greece, Spain …
- A (legalised) phenomenon with a close expiry date?

Source: Bednárik et al., 2013; Di Santo & Ceruzzi, 2010; Schmidt et al., 2013

interlinks

Health systems and long-term care for older people in Europe. Modelling the interfaces and links between prevention, rehabilitation, quality of services and informal care

Social innovation in long-term care is feasible and points at enhancing quality of life

- **Prevention & rehabilitation within long-term care**
  - Networking with local, formal and informal resources
  - Promoting activation and self-care in the neighbourhood

- **Adequate support for informal carers**
  - Family care is not for free

- **Quality improvement by working in partnership**
  - From inspection to quality development
  - Quality development across different settings

interlinks

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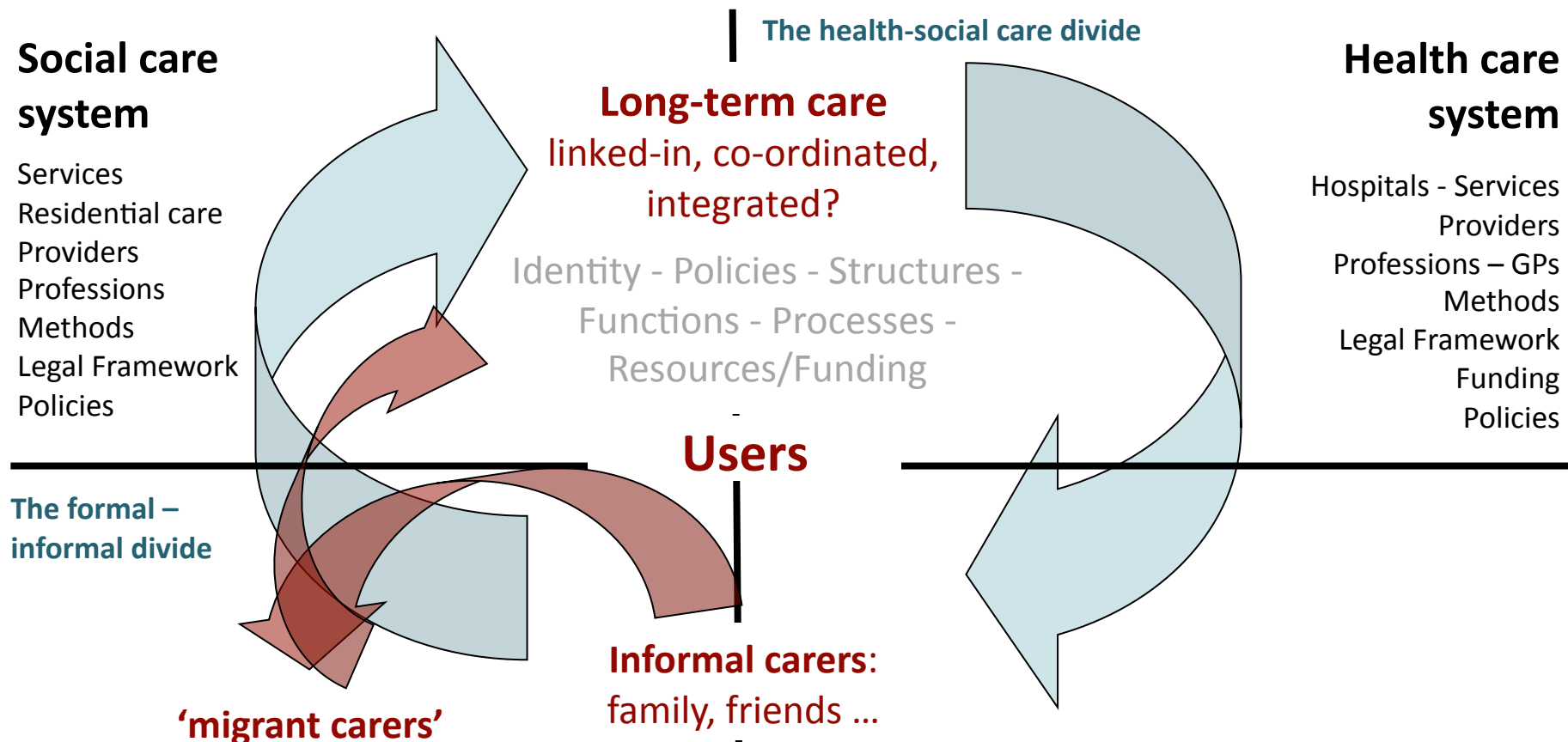
- **Integration between health and social care**
  - Focusing on the interfaces along the pathway of long-term care
  - Participative leadership to overcome silo-thinking
- **Intelligent use of technology**
  - Management and organisation matters
- **Re-thinking governance and finance**
  - Investments needed in long-term care to realise savings in health care
  - Addressing workforce issues

Background: The FP7 Project INTERLINKS

- 15 partners from 13 European countries:
  AT,CH, DE, DK, EL, ES, FI, FR, IT, NL, SE, SK, UK

- A European Framework for LTC
  - 6 themes, 29 sub-themes and 135 key-issues
  - illustrated by about 100 validated practice examples

- An interactive website → http://interlinks.euro.centre.org
  - to involve users in providing feedback and their own practice examples
  - Country information: 33 National reports
  - 4 European overview reports on prevention & rehabilitation, quality management, informal care, governance & finance of LTC ...

interlinks

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The key challenge: linking social and health care

The health-social care divide

Social care system

Services
Residential care
Providers
Professions
Methods
Legal Framework
Policies

Long-term care
linked-in, co-ordinated, integrated?

Identity - Policies - Structures - Functions - Processes - Resources/Funding

Users

Health care system

Hospitals - Services
Providers
Professions – GPs
Methods
Legal Framework
Funding
Policies

The formal – informal divide

'migrant carers'

Informal carers: family, friends …

interlinks

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The elements and themes of a long-term care system

Identity of LTC

Policy & Governance

Organisational Structures

People

Means Resources

Management & Leadership

Pathways & Processes

Source: inspired by F.Glasl et al. (2005)
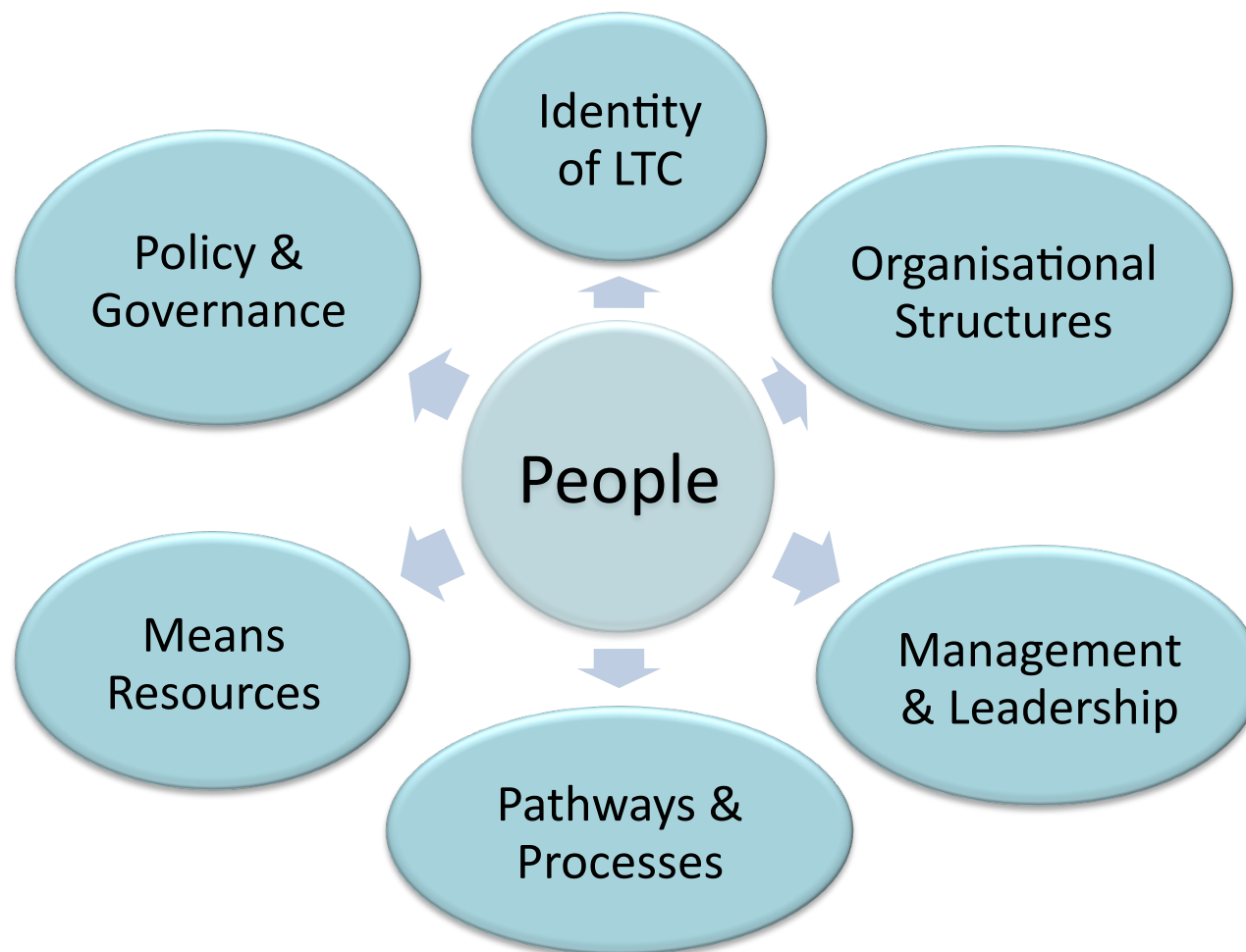
Describing and analysing individual themes

Themes	**6**
3-6 subthemes in each theme	**28**
2-8 key issues for each subtheme	**135**

About 100 practice examples to illustrate key-issues

Selected key-issues in developing an own identity of long-term care

- Values and mission statements that address the interfaces with health and social care services, and with informal carers
    - European Charter of Rights for people in need of long-term care
    - European Quality Framework for long-term care services

- Initiatives to promote prevention and rehabilitation, and empowerment of users
    - Early intervention and rehabilitation

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A European Quality Framework
for long-term care services

Aim:

- Preventing abuse and improving quality of services

Quality principles and areas of action:

- Respectful, person-centred, accessible, continuous, preventive, transparent etc.
- Empowering older people
- Ensuring adequate working conditions and physical infrastructure
- Developing a partnership approach and a system of good governance
- Communication and awareness-raising

The Fredericia experience (Denmark)

- Paradigm shift

  - Early intervention, prevention and rehabilitation

- One month of intensive training

  - A total of about 70 hours upon first signs of need
  - Help to self-help

- Competence development

  - Joint staff training, collaboration agreements

- Transparency

  - Evaluation and follow-up, monitoring of return on investments

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Selected key-issues to develop integrated long-term care policies

- Using contracts or agreements to enable and sustain processes between services and/or organisations

    – Reimbursement (fines) for delayed hospital discharges

- Shaping (new) job profiles, fostering mutual understanding of comprehensive pathways

- Promoting integration and quality of services

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Reimbursement (fines) for delayed hospital discharges (Sweden)

- Aim: To reduce the number of patients who are inadequately placed in a hospital

- Reform: Municipalities (responsible for community care and housing) have to reimburse Counties (responsible for hospitals) if patients cannot be discharged due to the lack of local services and arrangements

- Results: Decrease of 'bed-blockers', but other factors are also important:
  - Availability of alternative residential and other forms of care
  - Availability of local resources
  - Partnership approach, rather than 'passing the buck'

Long-term care as an emerging area of social investment

- Developing a culture of innovation
  - to create adequate employment
  - to promote cooperation and involvement of all stakeholders
  - to address ethical questions at the end of life
  - to accompany older people in need of care along their pathways

More information and contact

- Kai Leichsenring, Jenny Billings and Henk Nies (eds.)
  (2013) *Long-term care in Europe – Improving
  policy and practice.* Basingstoke: Palgrave Macmillan.

- http://interlinks.euro.centre.org

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